



THE MARKET BASKET

What To Eat Where To Get It How To Cook It



THE HOME KITCHEN

Solving the Problem of a Cold Refreshing Drink.

Cold drinks served at tea time or at August luncheons are generally made without the addition of carbonated water, ginger ale or sparkling cider. Fruit juice, freshly extracted or bottled, and iced tea or coffee or chocolate are general favorites and most commonly served. The unwritten law in making iced tea is to infuse it, then strain it after it has steeped three or four minutes, and pour it hot over cracked ice, instead of making and chilling it first, which is the rule in making punch.

Fruit juices may be extracted in two different ways. First, they may be squeezed cold through a jelly-bag, then set to chill. Second, the fruit may be washed, stemmed or stoned, as the case may be, then put into a kettle with a very small amount of water, to melt. Let it boil up gently, then, when the fruit is soft it may be put through the jelly-bag, cooled and chilled or bottled and sealed hot.

Sweetening syrup for cold drinks should be made ahead of time and should be made ahead of time dissolve in cold drinks readily or completely, and therefore it is sometimes wasted. Take a pint of sugar to three-quarters of a pint of water and boil the mixture gently to a medium syrup, skim, then bottle in a large-mouthed bottle, and set in the refrigerator. This is much better, besides being more economical, and it gives a smooth and pleasing texture to the drink. Having a little bottled fresh lemon, orange and grapefruit juice ready to add to the other fruit juices when making drinks is very convenient, and they keep nicely in a cool place for several days.

Gooseberry Swizzle.
Prepare gooseberry juice in either the two ways suggested. Use a quarter of a glassful of the juice and about half the amount of orange juice, sweeten to taste and add cracked ice and clear water or carbonated water enough to fill the glass. Put a spray of mint on top, dusted with powdered sugar.

Coffee Glace.
Make coffee a little stronger than usual and add to it an egg and the broken shells. When done, strain the coffee and sweeten to taste. Have ready as many glasses as are needed, fill three-quarters full of ice cubes, pour the coffee over the ice, and add the desired amount of cream. This makes a much richer drink than is obtained by mixing the ingredients cold.

Ginger Punch.
Bruise a bunch of fresh green mint and add to it a cupful and a half of sugar and the juice of six large lemons and two oranges. Let this mixture stand in a cool place several hours stirring it frequently. Strain and add a quarter-cupful of ginger syrup, then four bottles of ginger ale. Stir well, add a small bottle of carbonated water and pour over cracked ice. Put in each glass a spray of mint that has been wet and dusted with powdered sugar.

Raspberry Rance.
Take six quarts of red raspberries and after washing and picking them over, put them in a bowl or crock and barely cover them with vinegar. Let them stand overnight stirring and mashing the berries with a wooden spoon. Strain the berries, and to each pint of juice add a pound of sugar, boil, skim and cool slowly until syrupy when tried on a cold plate. Bottle and seal one or two bottles. The rest should be set aside for immediate use. Fill the glass with shaved ice, add a half-cupful of the rance, then fill the glass with carbonated water. If for a luncheon drink use plain water and add a slice of orange. This makes a delicious cold drink.

Here Are Recipes for Some Delicious Summer Pies.
Pies hot or cold make popular desserts when fruit is plentiful for the fillings. Housewives favor pies

because they are among the desserts that can be made ahead of time without spoiling their goodness.

Rather a novelty in pie making is the use of a spiced crust, which goes nicely with the first green apple pies of the deep-dish variety. This crust is also good with gooseberry, pear and pineapple pies. A good idea in making pies with juicy fruit fillings is to mix a little flour with the sugar used to sweeten the fruit, or to use the new pie pans having an extension rim with a little gutter in it to catch the juice which overflows and burns the oven so frequently.

Spiced Crust.
Sift onto a baking board four cupfuls of flour, two teaspoonfuls of baking powder half a teaspoonful of salt, a teaspoonful each of cinnamon and grated nutmeg, a quarter teaspoonful of cloves. Make a hollow in the center and cut in one and a half cupfuls of butter or part lard pour in two well beaten eggs, four table spoonfuls of sugar, the juice of a lemon and enough cold water to make a paste that is rather stiff, working in the flour from the sides with a knife. Knead lightly, roll out in a long strip, fold three times, roll again and fold as before, then put in a cold place for one hour, roll out, cut and line the plates with the paste. While the paste is chilling, the fruit filling may be prepared.

Pineapple Pie.
Pare and grate one fresh pineapple or drain and chop fine a can of pineapple. Beat to a smooth batter two cupfuls of sugar, three-quarters of a cupful of butter, the yolks of five eggs and a cupful of cream. When beaten add the pineapple, then the stiffly-beaten whites of the eggs. Pour into the under-crust and bake thirty-five minutes

or until the crust is done. Use less sugar with canned pineapple than with fresh. If desired, a lattice crust may be used on top, though this pie is usually baked with only a bottom crust.

FIVE UNUSUAL WAYS TO COOK SUMMER VEGETABLES

There are many ways of cooking summer vegetables besides boiling and creaming them, or serving them plain, and at the height of the season when every kind of vegetable is plentiful, we should make an effort to try these new cookery methods. If we are lucky enough to have a kitchen garden there are usually so many things ripe at the same time that it is almost a necessity to vary the cookery if the vegetables are to be eaten, for the family usually tires of them served in the same old way daily.

Summer Squash.
Quarter, peel and cut in pieces one or more long yellow or scalloped white summer squashes, then par-boil them until tender. When done, drain and mash them, drain again, then add a heaping tablespoonful of butter, a quarter-cupful of sugar, a teaspoonful of salt and a little red pepper. Stir in the juice of an onion, a half-cupful of dried crumbs and a quarter-cupful of grated cheese. Fill buttered ramekins with the squash, adding a tablespoonful of cream to each ramekin, and bake until a delicate brown on top.

Fried Cucumbers.
Pare and slice in half-inch slices as many fresh young cucumbers as are likely to be needed. Dip the slices in beaten egg, then roll them in very fine, seasoned crumbs to which a little grated cheese has been added. Fry in hot oil or vegetable fat. Drain and serve with tartar sauce.

Baked Cucumbers.
Pare, quarter and remove the seeds from two or three big yellow cucumbers, then cut them up in

inch-length pieces. Plunge the pieces into boiling water and boil two minutes, then drain. Butter a baking-dish, and put in a layer of sliced onion. Begin again with the cucumbers and continue in this way until the dish is full, putting on a layer of crumbs, seasoning and butter last. Pour in a cupful of good tomato sauce, and if liked sprinkle grated cheese over the top. Bake until done, or about a half-hour in a medium oven. Cucumbers may also be creamed on toast after par-boiling for three minutes.

Creamed Beets.
Pare and quarter six medium-sized beets and parboil them until tender in a fair amount of water. Do not use too much water, and see

that they do not burn. When done, remove the beets and strain off a cupful of the red water. Heat the water and add to it a little butter, pepper, salt and sugar, thicken with a little cornstarch, then add three-quarters of a cupful of sour cream. Add the beets and let them heat, but not cook, then serve.

Fried Vegetable Marrow.
Slice a marrow in half-inch slices and let it stand in salt water for an hour, drain, dry, dip in egg then in seasoned crumbs, and fry in hot fat like eggplant. Or the marrow may be cut in two, lengthways. Remove the seeds, oil the pieces inside and out, then stuff with a savory stuffing and bake. Again it may be cut in pieces and parboiled, then creamed.

Men first make up their minds (and the smaller the mind the sooner made up), and then seek for the reasons, and if they chance to stumble upon a good reason, of course, they do not reject it.



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